



Are you 60 + years old and have arthritis, diabetes, constant pain, or any other chronic (long term) health condition?  
OR do you live with someone who does?  
Come to a *FREE* workshop.

## Living Well with Chronic Conditions

### Topics include:

- Exercise
- Relaxation Skills
- Healthy Eating
- Dealing with Emotions
- Medications

Breaks and Snacks  
provided

**Murray-Heritage Senior Center**  
**10 E 6150 S Murray**  
**Thursdays**  
**October 2 to November 6**  
**12:30 pm to 3:00 pm**

**West Jordan Senior Center**  
**8025 S 2200 W**  
**Wednesdays November 5 to**  
**December 17**  
**9:30 am to 12:00 pm**

Provided by funding from  
SL County Substance Abuse Division



To Register Call:

Salt Lake County Healthy Aging Program  
801.468.2772

...options and opportunities for your generation

